

# BREAD





**bread**<sup>1</sup>, 1 bred; 2 brēd, *n.* 1. An article of food made of the flour or meal of grain, mixed with water or milk and salt, to which yeast, baking-powder, or the like is commonly added to produce fermentation and rising, lightness, or sponginess, the mixture being kneaded and baked in loaves or as biscuits, rolls, etc. In some countries bread is made of beans, chestnuts, potatoes, and other roots, etc. Compare AERATED BREAD under AERATED; YEAST-CAKE under YEAST.

*Bread of flour is good; but there is bread, sweet as honey, if we would eat it, in a good book.*

RUSKIN *Sesame and Lilies* p. 49. [w. & s. 1865.]

2. Food in general; also, the necessities of life; as, he can not earn *bread* for his family.

It has been an apothegm these five thousand years, that toil sweetens the *bread* it earns.

HAWTHORNE *Mosses, The Old Manse* p. 22. [H. M. & CO. 1891.]

3. Bee-bread. [bread; cp. BREW.] **bred**†.—**black bread**, rye bread, especially as made in Germany.—**bleeding b.**, bread in which the action of a bacillus (*Bacillus prodigiosus*) has caused the appearance of red patches.—**bread'and-but'ter**, *a.* 1. Actuated by need; mercenary; as, *bread-and-butter* candidates. 2. Youthful; immature, or unformed; as, a *bread-and-butter* miss.—**b. and butter**, means of support; as, how does he get his *bread and butter*?—**b. and cheese**, *n.* [Dial., Eng. & Ir.] Hawthorn-leaves: so called from their flavor in spring.—**b. basket**, *n.* 1. A basket or tray for carrying bread. 2. [Slang.] The stomach.—**b. beetle**, *n.* A small brown beetle (*Sitona panicea*) found in foodstuffs, tobacco, etc. **bis'cult**, *bee'tle*†; **drug-store beetle**†.—**bread'ber'ry**, *n.* Bread soaked in hot water and sweetened; pap.—**b. board**, *n.* A board on which dough is kneaded, rolled, cut, etc., or one on which a loaf is cut after it has been baked.—**b. corn**, *n.* Grain from which bread is made, as wheat, maize, rye, millet, etc.—**b. crum**, *n.* 1. Bread crumbled or grated for breading meat, oysters, etc. 2. The crum or soft part of bread as distinguished from the crust.—**b. maker**, *n.* A device for the mechanical mixing and kneading of dough, consisting of a covered tin pail in which a kneading-prong is revolved by a handle above.—**bread'meal**<sup>2</sup>, *n.* 1. Same as BERGMEHL. 2. [Prov. Eng.] Meal for bread-making; barley-meal.—**b. room**, *n.* A pantry for storing bread, especially a water-tight and rat-proof compartment on board ship.—**b. sauce**, *n.* A sauce made with bread highly seasoned and flavored: usually served with game.—**b. tree**, *n.* See BREADFRUIT.—**b. weight**, *n.* Troy weight.—**brown b.** 1. Bread made of unbolted wheat-flour; Graham bread. 2. Bread made of rye-flour and corn-meal; rye-and-Indian bread.—**hunger b.**, *n.* Bread made of acorns, bark, or some other substitute for flour: sometimes used for food in Russia and other countries in times of famine.—**pulled b.**, fragments of fresh bread browned and crisped for serving with soup, chocolate, etc.—**to break b.** 1. To take a meal; enjoy hospitality; as, I have never *broken bread* with them. 2. To partake of the sacrament of the Lord's Supper.

And upon the first day of the week, when the disciples came together to *break bread*, Paul preached unto them. *Acts* xx, 7.

—**to know on which side one's b. is buttered**, to be mindful of one's own interests.—**unleavened b.**, bread made of meal or flour without the addition of leaven or yeast.—**Feast of Unleavened Bread**, a Jewish feast, held in the month of Abib, at which a sheaf of the new grain was offered to the Lord. It began the next day after the Passover, into which it was ultimately merged.—**war b.**, *n.*

Bread made from whole-wheat, oats, bran, potatoes, etc.

**bread**<sup>3</sup>, 1 brīd; 2 brēd, *n.* [Archaic.] Same as BREDE<sup>1</sup>.

**bread**<sup>†</sup>, *n.* Breadth. **brede**†; **brede**†.

**bread'has'ket**, *b. corn*, *b. crum*. See under BREAD<sup>1</sup>, *n.*

**bread'en**, 1 bred'n; 2 brēd'n, *a.* [Archaic.] Consisting or made of bread.—**breaden god** [Archaic], the consecrated host; a polemic term.

**bhreū**<sup>2</sup>. To boil, bubble, effervesce, burn; with derivatives referring to cooking and brewing. I.

1. Germanic *\*breuwan*, to brew, in Old English *brēowan*, to brew: BREW. 2. Germanic *\*braudam*, (cooked) food, (leavened) bread, in Old English *brēad*, piece of food, bread: BREAD. 3. Germanic *\*brudam*, broth, in: a. Old English *broth*, broth: BROTH; b. Old French *breu*, broth: BREWIS, (BROIL<sup>2</sup>), EMBROIL, IMBRUE. II. Variant form *\*bhrē*.

1. Germanic *\*brōd*-, "a warming," hatching, rearing of young, in: a. Old English *brōd*, offspring, brood: BROOD; b. denominative *\*brōdjan*, to rear young, in Old English *brēdan*, to beget or cherish offspring, breed: BREED. 2. Germanic *\*brēthaz*, warm air, steam, in Old English *brēth*, odor, exhalation: BREATH, (BREATHE). 3. Germanic *\*brēdōn*-, roast flesh, in: a. Old High German *brāt*, *brāto*, meat: BRATWURST, SAUERBRATEN; b. Old French *braon*, meat: BRAWN. 4. Germanic *\*bres*-, burning, in Old French *brese*, burning coal, ember: BRAISE, BRAZE<sup>2</sup>, BRAZIER<sup>2</sup>, BRAZILWOOD, BREEZE<sup>3</sup>, EMBRACER. III. Nasalized forms. 1. Germanic *\*brenw*-, to burn, forming *\*brennan* (intransitive) and *\*brannjan* (transitive) in Old English *beornan*, *byrnan* (intransitive) and *bærnan* (transitive), to burn: BURN<sup>1</sup>. 2. Germanic *\*brunja*-, burn, in Old English *brynstān*, "burning mineral" (*stān*, STONE), sulfur: BRIMSTONE. 3. Germanic *\*brandaz*, a burning, a flaming torch, hence also a sword, in: a. Old English *brand*, piece of burning wood, sword: BRAND; b. Old Norse *brandr*, piece of burning wood, akin, in the sense "blackened by fire," dark-colored, to (i) the possible Scandinavian source of Middle English *brende*, brindled: BRINDLED, and (ii) Swedish *brantgas*, brant goose: BRANT; c. Dutch *branden*, to burn: BRANDY; d. Old French *brand*, sword: BRANDISH. IV. Reduced form *\*bher*-, especially in derivatives referring to fermentation. 1. Suffixed form *\*bher-men*-, yeast, in: a. Germanic *\*bermōn*- in Old English *beorma*, yeast: BARM, (BARMY); b. further suffixed form *\*bhermen-to-* in Latin *fermentum*, yeast: FERMENT. 2. Extended form *\*bherw*- in Latin *servēre*, to be boiling or fermenting: FERVENT, FERVID, FERVOR; COMFREY, EFFERVESCE. V. As a very archaic word for a spring. 1. Suffixed zero-grade form *\*bhru-mēn*- in Germanic *\*brunōn*- in Old English *burn*, *burna*, spring, stream: BURN<sup>2</sup>, (BOURN<sup>1</sup>). 2. Suffixed form *\*bhrēw-ŕ* in Greek *phrear*, spring: PHREATIC. [Pok. *bh(e)reu*- 143 and 2. *bher*- 132.]

**shreūs**<sup>1</sup>. To swell. 1. Suffixed form *\*bhreus-t-* in Germanic *\*briustam*, "swelling," breast, in: a. Old English *brēost*, breast: BREAST; b. Old Norse *brjōst*, breast: BRISKET. 2. Suffixed zero-grade form *\*bhrus-t-* in Germanic *\*brust*-, bud, shoot, in Old French *broust*, *brost*, shoot, twig: BROWSE. 3. Suffixed zero-grade form *\*bhrus-nio-* in Celtic *\*brunio*-, breast, rounded hill, the source of Germanic *\*brunjō*, breastplate, in Old Norse *brynja*, coat of mail: BYRNIE. [Pok. 1. *bhreus*- 170.]



# BREAD



BREAD AND PUPPET  
GLOVER VERMONT 1984

Texts and drawings by Peter Schumann. Centerfold photos and editing by Elka Schumann.  
Text design Cheap Design.

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for my mother  
the breadbaker

Glover, Vermont

July 3, 1984

## WHICH BREAD?

I come from a stretch of land where bread meant bread, not the pretext for a hot-dog nor a sponge to clean up sauces with, but an honest hunk of grainy, nutty food which had its own strong taste and required a healthy amount of chewing. Until the end of the eighteenth century most bread eaters ate such bread, bread on which you could live. With the French Revolution people got what they needed, and more than they needed: the bread of the kings, or the delicate pastry which the kings called bread. And that is mostly what they eat ever since.

## SILESIAN BREAD

My mother learned bread-baking from a peasant woman who was our nurse and her friend and who taught her the old way of bread-baking in Silesia. From then on my mother baked all the bread we ever got to eat, and still bakes now, going on eighty-eight. I don't remember ever eating store-bought bread in her house. There were two, sometimes three bread meals a day. Bread was the staple. Good bread meant good health. And a loaf belonged face up on the table; upside-down meant trouble.

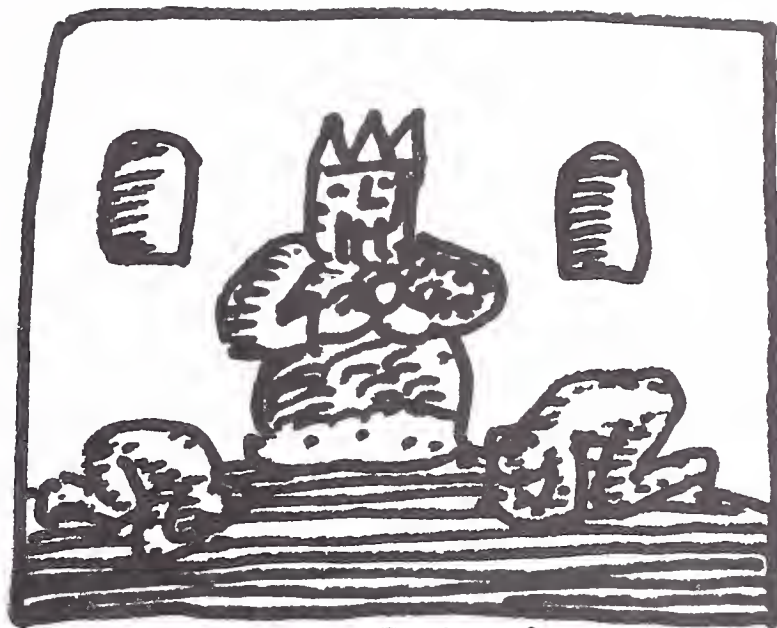
A roughly ground rye meal was bought directly from the mill, where I often rode my bike to pick it up. During the hungry years after the Second World War, when we fled from Silesia and lived on a farm in Schleswig-Holstein in northern Germany, we got our grain from gleaning the rye fields and grinding it in a little coffee mill. A cup of sourdough was always kept back for the next baking. When I was old enough to bend over the wooden tub, I did the kneading for my mother. Because the bread was baked in a communal oven, each family drew a simple sign on its loaves to distinguish them from others. When I moved away from home, I made my own bread in the same way. My sign is the sun.





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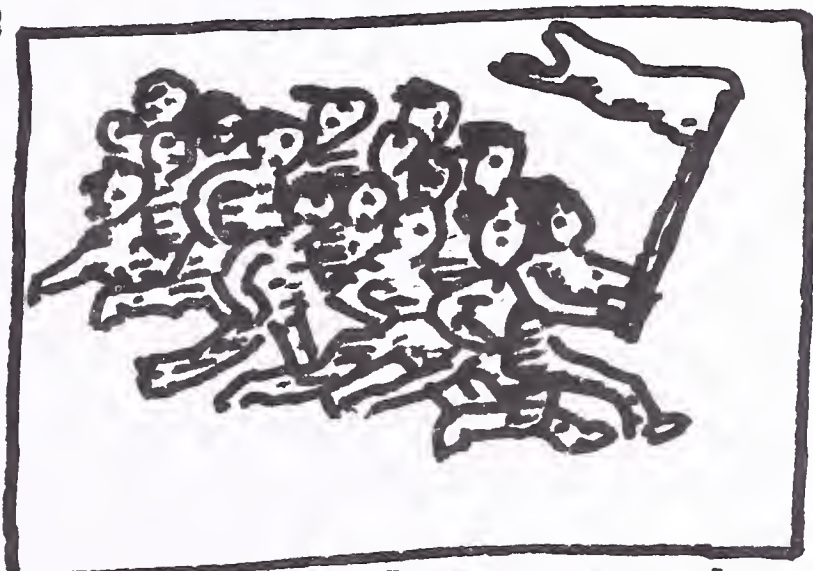
ANCIENT BREAD-EATER



②

PASTRY EATING KING

③



FRENCH REVOLUTION



④

SUPERMARKET

⑤



SILESIA



⑥

SILESIA BURNING



When we lived in New York City in the sixties, I traveled all the way to Vermont for a few bags of rye, because you couldn't buy less than a ton of it anywhere in the city. (Until a couple of years ago I used ordinary seed rye from feed stores; now, because the grain is treated with pesticides, we buy from organic growers.) I found a hand-mill, a Colombian rice-grinder, and seriously baked, not just for my family and friends, but for our puppetshows as well.

## WHY BREAD?

In 1963 in a loft on Delancey Street in New York, as a normal frustrated city-artist and esoteric puppetshow-maker, I decided to connect the bread with the puppets.

To inject bread-baking into art-production seemed like a healthy thing to do, not only a revenge for the fun of nonsense-making, but an inspiration for the breadbaker as well. I liked the purposefulness of actual puppetshows better than the sculptural and painterly ambitions that go into them, because puppetshows are more direct and stupid, more serious and less serious than sculpture and painting.

All art is faced with starving children and apocalyptic politics. All art is ashamed, angry and desolate because of its impotence in the face of reality.

The great holy spirit in it, yes! But the great holy spirit doesn't decorate leisure time. The normal manifestations and practical applications of the great holy spirit and art are hopelessly trivial. The search for what art is good for continues.

To put bread and puppets together in 1963 seemed like a correct first step in the fight for the immediate elimination of all evil.

## HOW MUCH BREAD?

The bread has its own contradictions: it's the old bread, the staff of life, designed to keep body and soul together, meant to feed the hungry. But it's baked in the country of a million food gimmicks and distributed to overeaters.



It resembles art: it need not be. Nevertheless, the bakery grows.

Besides the bread given out after shows, hundreds of loaves feed the hard-working puppeteers, neighbors and volunteers who help make Our Domestic Resurrection Circus every summer. Hundreds more get baked for our audience during Circus weekend.

I also tried a free bread-store for about a year, but I gave up, nobody wanted it; only after I started charging did I get customers.

## BREAD AND PUPPETS

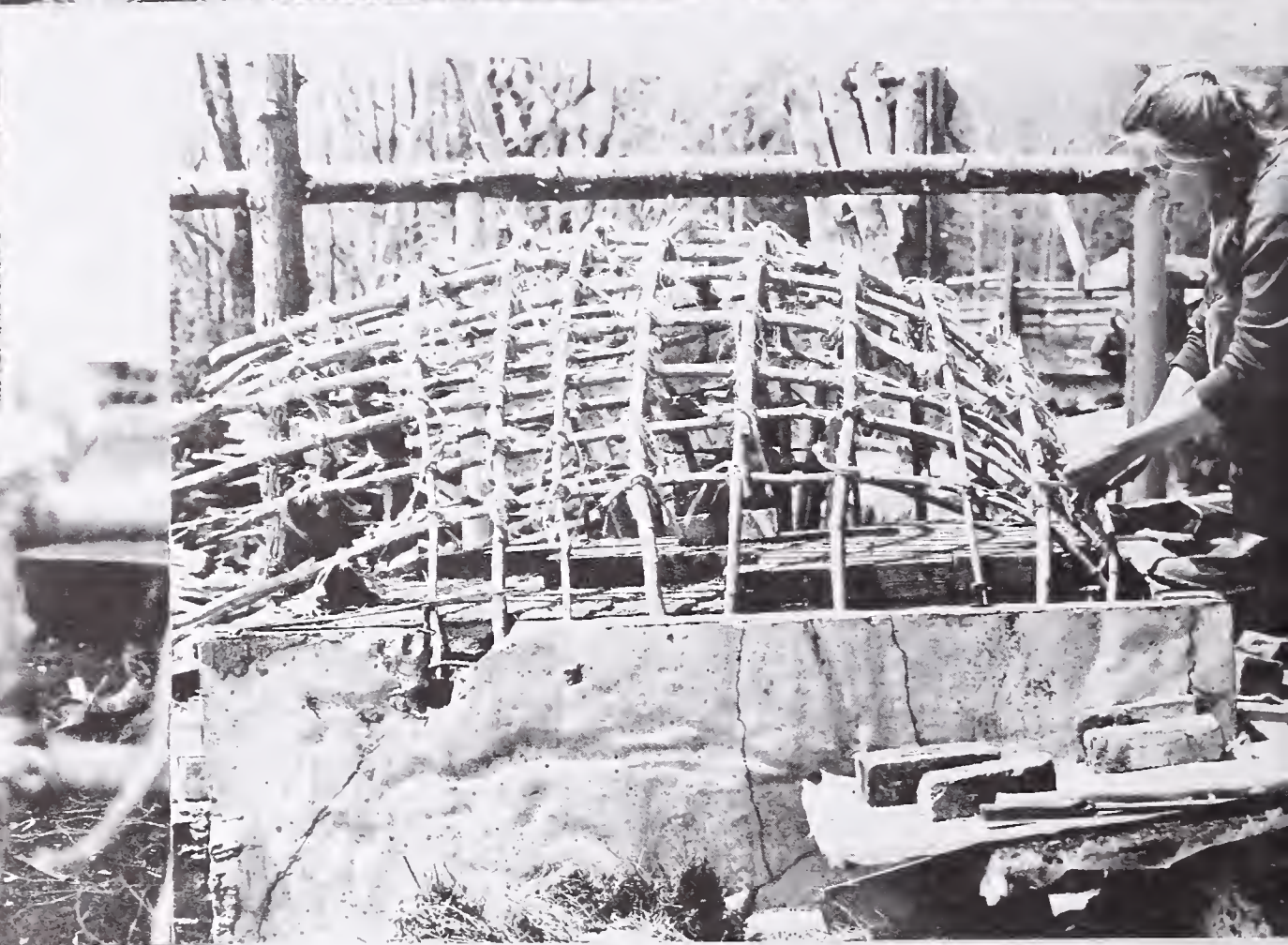
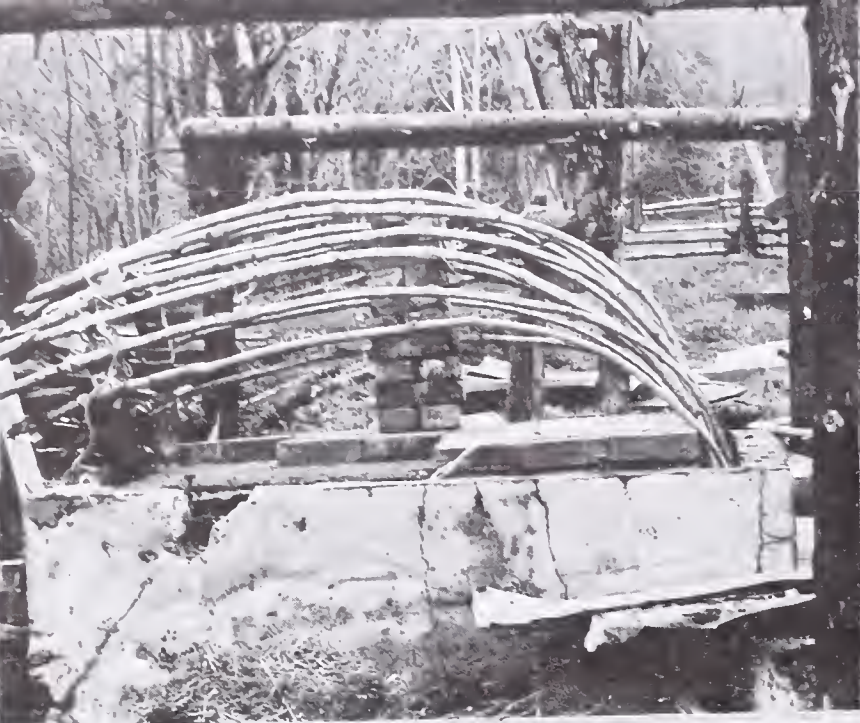
Rye bread does not go stale like wheat bread; it stays moist and fresh for a long time if kept cool. On short tours bread travels in cans and boxes along with the puppets. But for long tours we pack up the mill, purchase rye berries wherever we can find them, and implore bakers and kitchens for the use of their ovens. In this way I learned to know many bakers in many countries, hard-working people who get up at the crack of dawn to light their fires in France, Italy, Poland, Germany. But when we stay long enough in one place and find the right spot and materials, I prefer to build an oven, a simple hole with a flat floor surrounded by stones, bricks and gravel. A couple of hours of brush fire heats such a chimney-less oven sufficiently to bake a few dozen loaves.

I built the first one on Cate Farm at Goddard College in Vermont and baked all the bread for the 1974 Domestic Resurrection Circus in it. Now, in Glover, I've built three Quebec-style clay ovens that seem to work even better.

## BREAD AND OVENS

For the first clay oven we made a base of granite blocks, a box about two feet high, the sides measuring six by seven feet long. We filled it with gravel and set the rim of an old wagon-wheel upright on one side for the door. Then we went with a pickup truck and a lot of our neighbors' kids to a bend in a nearby river where there was plenty of gray clay which we filled into sap-buckets and handed up the steep bank. At home we dumped the clay into three old bathtubs and left it outside











over the winter to freeze up. Next May, when the foundation had settled and the clay thawed out, we watered it down and stomped around in it with bare feet until it was smooth. Then we added old hay and kneaded it on a table to desired consistency. We spread that mixture about six inches thick over the gravel in the box as a floor for the oven. Then we cut a couple of dozen straight alder sticks, bent them into shape, pried them into the clay bed against the granite sides and tied them with baling twine to the wagon-rim. We used one stick in the center and about five on each side longways and the same number across. Where the sticks crossed we tied them together with baling twine.

Then we mixed a lot more clay with hay and spread it about six inches thick all over that upside-down alder basket.

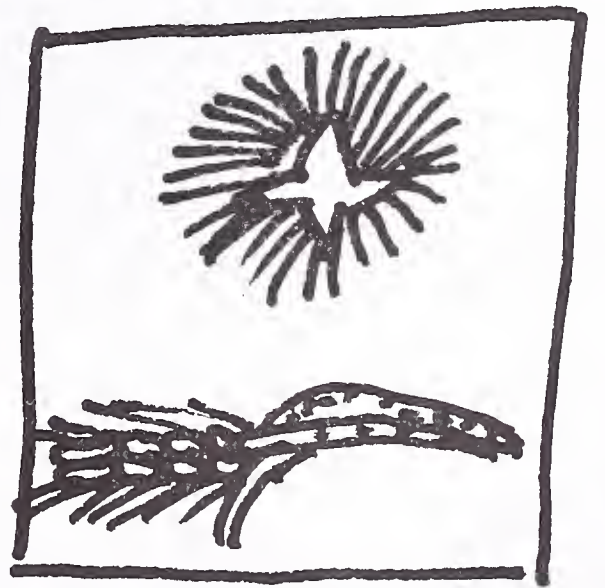
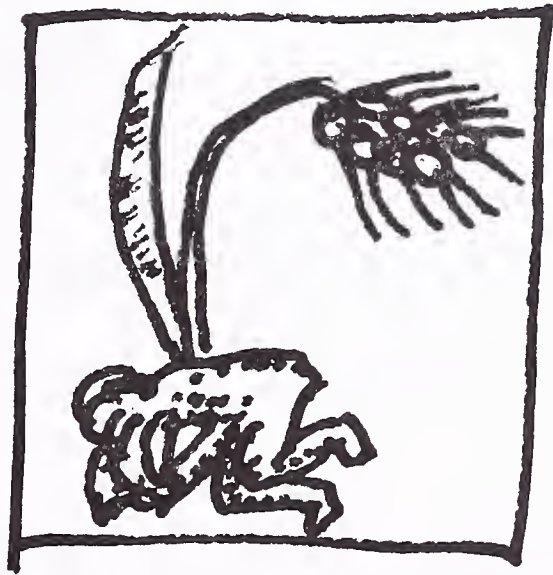
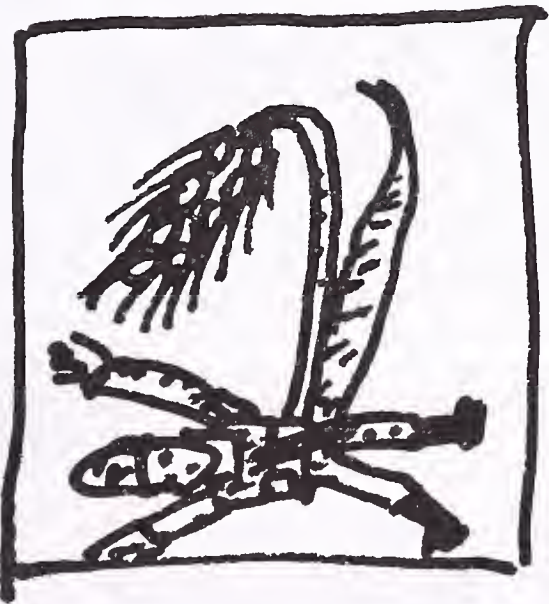
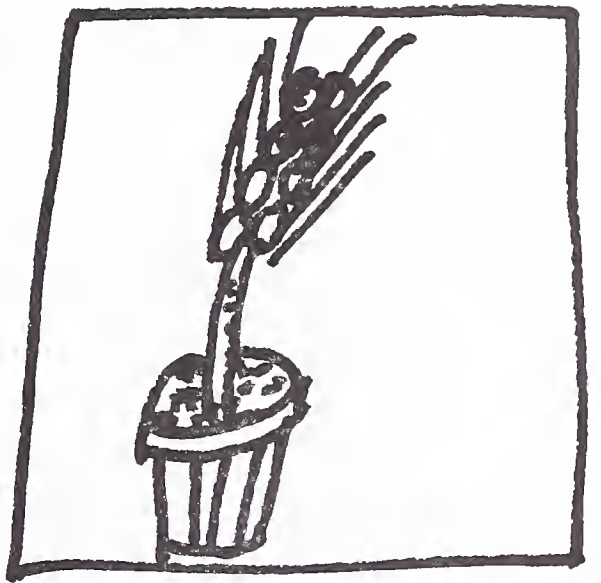
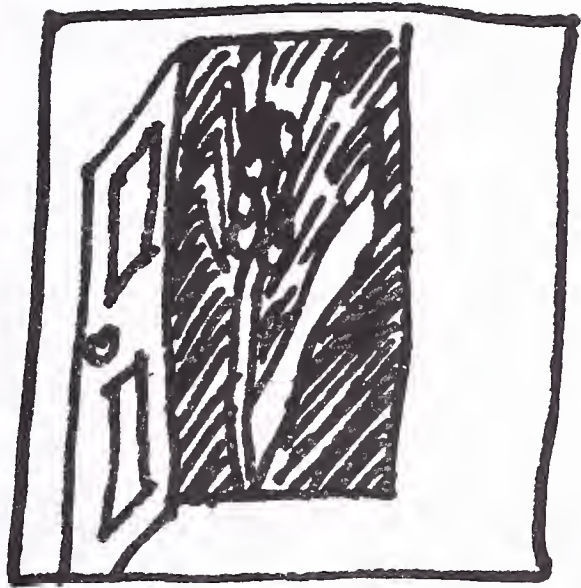
I let this oven sit for four weeks before building little kindling fires in it to make it bone dry, and soon after I started baking in it. We built a roof over it with an attached shed for the brush and slab-wood it uses. The oven bakes well, and even in minus-twenty degree weather it takes no more than two or three hours and very little junk wood to heat it up. When the embers die, I rake them out, wash the oven floor and peel in the loaves. A wooden door faced with tin shuts in the heat, and in about an hour the bread is done. The two little ovens hold about sixty loaves each; the big one in the Circus field holds about three hundred.

The clay is brittle, has to be treated gently. The oven floor served only one summer before it cracked and broke and had to be covered with a layer of bricks. When cracks develop in the oven, I patch them over with fresh clay.

This is a Quebec-style outdoor oven, very much in use there until about forty-five years ago, very similar to American Indian bread-ovens in the Southwest, and actually to bread-ovens the world around.

For more information on Quebec bread ovens, see: Lise Boily and Jean-Francois Blanchette, **Les fours au pain au Quebec** (Ottawa, Canada: National Museum of Man, 1976). Also available in English.







## SOURDOUGH RYE BREAD

(tentative recipe – I change my bread-baking technique slightly almost every year. This is from 1994.)

INGREDIENTS: rye berries, water, salt

TOOLS: a mill (until 1983 I used a Colombian rice-grinder, Corona; now I have a bigger English mill with a fly-wheel and a funny name: A-547), which crushes the berries and produces coarse and fine flour at the same time

wood or plastic or stainless steel bowl

board on which to make the loaves

BAKING: Grind rye berries, mix with warm water, add one cup of sourdough and knead for about twenty minutes. (You can make your own starter by letting the coarse meal and water sit in a warm spot for several days.) Cover and let sit at room temperature overnight. The following morning take away a cup of starter for your next baking before you add new flour. Mix salt into the flour before you knead it into the dough. Let the dough rest for two hours, then do a short kneading.

Make loaves by lightly rolling a big handful of dough on a floured board.

Start baking in a hot oven, gradually diminish heat for 45 to 60 minutes.

Right after baking the crust is very hard and difficult to cut, but you can break it. In a day or two it softens. Cut loaf with a strong, sharp knife.

Bread keeps well in a cool place for many weeks.



①



WHY BREAD?

②



WHY ART?

③



TO FEED THE HUNGRY?

④



TO FEED THE HUNGRY?

⑤



ARE ALL PEOPLE HUNGRY?

## ON BREAD

In the sweat of thy face shalt thou eat bread.   Genesis  
To look for better bread than ever came of wheat.   Cervantes  
Man doth not live by bread alone.   Matthew  
Secure of bread as of returning light.   Dryden  
They that have no other meat, bread and butter are good to eat.   Fuller  
A loaf of bread, the walrus said, is what we chiefly need...   Carroll  
I won't quarrel with my bread and butter.   Swift  
Two things only the people anxiously desire – bread and circus games.   Juvenal  
Anything is good with bread.   Mendele  
Of all smells, bread; of all tastes, salt.   Herbert  
...and they shall eat bread by weight, and with care; and they shall drink water by measure,  
and with astonishment.   Ezekiel  
The waiter shouted down the hall,  
    “You get no bread with one meatball.”   American Depression song  
Here is bread, which strengthens man's heart, and therefore called the staff of life.   Henry  
A crust of bread, and liberty.   Pope  
What man is there of you, whom if his son asks for bread, will give him a stone?   Matthew  
Could we have some butter for the royal slice of bread?   Milne  
...demand work. If they do not give you work, demand bread. If they deny you both, take  
bread. It is your sacred right.   Goldman  
Bread: economic security and social justice.   International Conference of Free Trade Unions  
Bread is baked better in a full oven.   b. Eleazar  
Better is halfe a lofe than no bread.   Heywood  
Brown bread and the Gospel is good fare.   Henry  
They say there's bread and work for all and the sun shines always there.   Dufferin  
Man doth not live by bread alone   Matthew  
Man does not live by bread alone, but by puppet shows as well.   Schumann

## FROM FRANCE

Il vaut mieux pain sans nappe que nappe sans pain.  
    Better bread without a tablecloth than a tablecloth without bread.  
Pain coupé n'a pas de maître.  
    Sliced bread has no owner.  
Belle fille, pain tendre et bois vert  
Metient la maison à désert.  
    A pretty girl, soft bread and green wood bring ruin to house and home.  
Là où le pain fault, tout est à vendre.  
    Where bread's lacking, everything's up for sale.  
Pain de viellesse se pétrit pendant la jeunesse.  
    The bread of old age was kneaded in youth.  
Qui sème bon grain recueille bon pain.  
    Who sows good grain gathers good bread.



À qui a faim, tout est pain.  
To the hungry everything is bread.  
Long comme un jour sans pain.  
Long as a day without bread.  
Pain du méchant remplit la bouche de gravier.  
Bread from the wicked fills the mouth with gravel.  
Être bon comme du bon pain.  
To be as good as good bread.

#### FROM GERMANY

Wes Brot ich ess, des Lied ich sing.  
Whose bread I eat is whose song I sing.  
Denn wäre nicht der Bauer, so hättest du kein Brot.  
If there were not the farmer, then you would have no bread.  
Die Kunst geht nach Brot. Lessing  
Art follows bread.  
Wer nie sein Brot mit Thränen ass,  
Wer nie die kummervollen Nächte  
Auf seinem Bette weinend sass,  
Der kennt Euch nicht, Ihr himmlichen Mächte. Goethe  
Who never ate his bread with tears, who never spent woeful nights sitting weeping on  
his bed, he knows you not, O heavenly Might!  
Viele Krümlein geben auch Brot.  
Many crumbs also make bread.  
Brot backt nicht im kalten Ofen.  
Bread doesn't bake in a cold oven.  
Bekommt der Arme ein Stück Brot, so reisst es ihm der Hund aus der Hand.  
If the poor man gets a piece of bread, then the dog grabs it out of his hand.  
Bier und Brot macht Wangen rot.  
Beer and bread make cheeks red.

#### FROM ITALY

La pace é mezzo pane.  
Peace is half bread.  
Pan mangiato é presto dimenticato.  
Eaten bread is soon forgotten.  
Pane altrui sa di sale.  
Others' bread tastes salty.  
Pan di sudore, pan di sapore.  
Sweat's bread is tasty bread.  
Pane di buon grano tiene il medico lontano.  
Good whole grain bread keeps the doctor away.  
Pane duro la sera é tenero la mattina.  
Hard bread in the evening is tender in the morning.  
Chi ha denti non ha pane, e chi ha pane non ha denti.  
The one with teeth has no bread and the one with bread has no teeth.

Pane rubato ha buon sapore.  
Stolen bread tastes good.

Pane rubato diventa pietra prima di essere mangiato.  
Stolen bread turns to stone before it's eaten.

Pan d'un giorno, vin d'un anno, donna di venti.  
Bread a day old, wine a year old, a woman of twenty.

Sotto l'acqua fame, sotto la neve pane.  
Under the water is famine, under the snow is bread.

Pane e guai non mancano mai.  
Bread and troubles are never lacking.

## ESPERANTO

Pli bona pano sen butero, ol kuko sen libero.  
Better bread without butter than cake without freedom.

## FROM RUSSIA

О хлебе не жить, да и без хлеба не быть.  
You don't live for bread, but you can't live without bread.

Хлеб хлебу брат.  
Bread is bread's brother.

Только ангелы с неба не просят хлеба.  
Only angels on high for bread don't cry.

Хлебушка калачу дедушка.  
Bread is pretzel's granddaddy.

Хлеб греет, не шуба.  
Bread warms us, not fur coats.

Хлеб за брюхом не ходит.  
Bread doesn't follow belly.

Ищи, как хлеба ищешь.  
Seek, as you would seek bread.

Не держи деньги в узлу, а держи хлеба в углу.  
Tie not coins in a hanky, but keep bread in the pantry.

Как хочешь зови, только хлебом корми.  
Call me anything you want, just feed me bread.

Без хлеба смерть, без соли смех.  
Without bread – death; without salt – laughter.

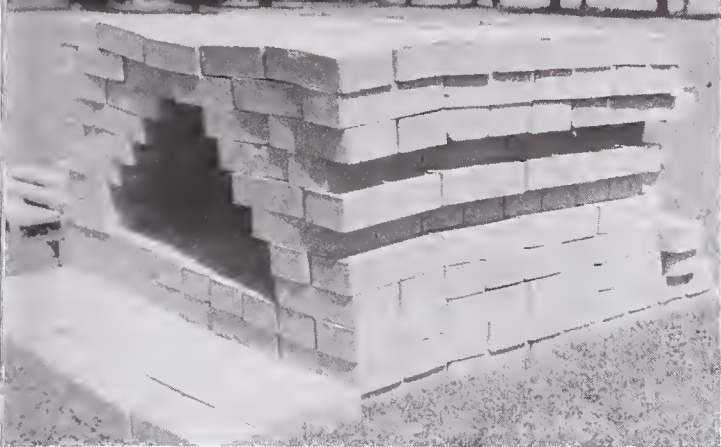
Хлеб на столе, и стол пристол; а хлеба ни куска – стол доска.  
Bread on the table – the table's a throne; when bread is lacking,  
the table's just a plank.

Хлеб в пути не тяжесть.  
Bread on a journey is no burden.

Не твой хлеб кушаю, не твои речи слушаю.  
I don't eat your bread, so I don't have to listen to your talk.

Не я хлеб ем, меня хлеб ест.  
Not I eat bread, but bread eats me.





Klagenfurt, Austria '91



Warsawa, Poland '91



Taiwan '94



Sao Paulo, Brazil '94



University of Virginia, '91



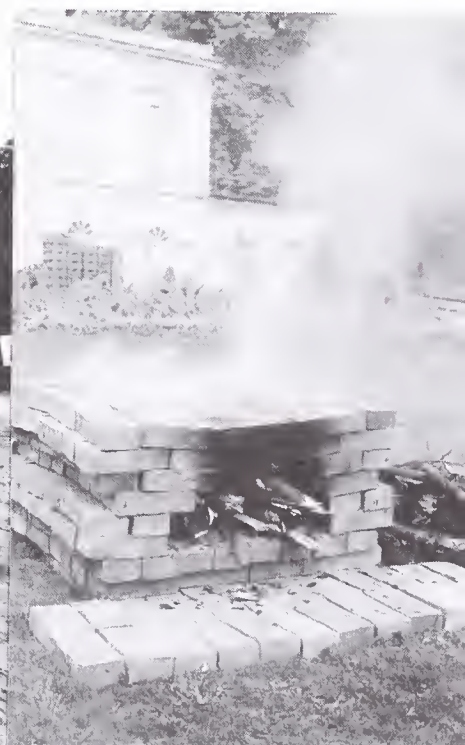
Sao Paulo, Brazil '94



Marseille, France '91



Taiwan '94



Prague, Czechoslovakia '91



Krems, Austria '91



Sarajevo, Bosnia '94



Essen, Germany '91

Salvador Bahia, Brazil '94

# BRICK BREAD & PUPPET OVENS ON TOUR





ES/  
PM